

WHAT IS CLAIMED IS:

1. A snowboard binding comprising:

a base element configured for attachment to a top of a snowboard; and

an instep element configured to extend over part of a snowboard boot applied to the base element, wherein the instep element is movable along at least one arc-like path.

2. The snowboard binding of claim 1 wherein the arc-like path runs essentially transverse to a longitudinal axis of the binding.

3. The snowboard binding of claim 1 wherein the at least one arc-like path is formed by a strap that is fastened on both sides to the base element and extends over the instep element.

4. The snowboard binding of claim 2 wherein the at least one arc-like path is formed by a strap that is fastened on both sides to the base element and extends over the instep element.

5. The snowboard binding of claim 3 further comprising cooperating guides on the straps and the instep element which limit the arc-like path.

6. The snowboard binding of claim 4 further comprising cooperating guides on the straps and the instep element which limit the arc-like path.

7. The snowboard binding of claim 5 wherein each guide is formed by at least one guide opening in the form of a slot in the straps and a guide pin on the instep element, with the guide pin passing through the guide opening and being guided on side walls of the guide opening.

8. The snowboard binding of claim 6 wherein each guide is formed by at least one guide opening in the form of a slot in the straps and a guide pin on the instep element, with the guide pin passing through the guide opening and being guided
5 on side walls of the guide opening.

9. The snowboard binding of claim 7 further comprising dampers on ends of the guide openings to damp movement of the pin in a longitudinal direction of the guide opening.

10. The snowboard binding of claim 8 further comprising dampers on ends of the guide openings to damp movement of the pin in a longitudinal direction of the guide opening.

11. The snowboard binding of claim 9 wherein the dampers are formed by constrictions of the guide opening whose width is smaller than a diameter of the guide pin.

12. The snowboard binding of claim 10 wherein the dampers are formed by constrictions of the guide opening whose width is smaller than a diameter of the guide pin.

13. The snowboard binding of claim 9 wherein the dampers comprise an insert made of elastic material.

14. The snowboard binding of claim 10 wherein the dampers comprise an insert made of elastic material.

15. The snowboard binding of claim 7 wherein the guide pin has a thickened head on its free end that extends over the guide opening.

16. The snowboard binding of claim 8 wherein the guide pin has a thickened head on its free end that extends over the guide opening.

17. The snowboard binding of claim 1 wherein the instep element is guided on at least two guide paths, one of which is arranged in a toe region of the snowboard boot and the other in an instep region of the snowboard boot.

18. The snowboard binding of claim 3 wherein at least two guides are provided on the strap.

19. The snowboard binding of claim 3 wherein the strap is adjustable in length.

20. The snowboard binding of claim 18 further comprising checks to block mobility of the instep element along the arc-like path.

21. The snowboard binding of claim 20 wherein:

each guide is formed by at least one guide opening in the form of a slot in the straps and a guide pin on the instep element, with the guide pin passing through the guide opening and being guided on side walls of the guide opening with a thickened guide pin head on its free end that extends over the guide opening;

the checks comprise tothing on a side of guide opening and counter-tothing on the thickened guide pin head that extends over guide opening; and

the thickened guide pin head being mounted to rotate at least 90°.

22. A snowboard binding comprising:

a base element configured for attachment to a top of a snowboard;

an instep element configured to extend over part of a snowboard boot applied to the base element;

at least one strap fastened on its respective ends to the base element and extending over the instep element to define

an arc substantially transverse to a longitudinal axis of the binding; and

10 a guide opening and a guide pin received in the guide opening for guiding the instep element along said arc.

23. A snowboard binding comprising:

a base element configured for attachment to a top of a snowboard;

5 an instep element configured to extend over part of a snowboard boot applied to the base element;

a first strap and a second strap, each fastened on its respective ends to the base element and extending over the instep element to define arcs substantially transverse to a longitudinal axis of the binding; and

10 guide openings and guide pins received in the guide openings for guiding the instep element along said arcs.